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INDOOR PLAY ACTIVITIES.

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A SUGGESTED GUIDE WAS PREPARED FOR NORTH CAROLINA ELEMENTARY SCHOOL TEACHERS TO ASSIST THEM IN PLANNING INDOOR PHYSICAL ACTIVITIES FOR CHILDREN. THE GUIDE IS DIVIDED INTO THREE SECTIONS--GAMES, STUNTS, AND RELAYS. THE GRADE LEVEL, APPROPRIATE EQUIPMENT, FORMATION, AND NECESSARY RULES ARE DESCRIBED FOR EACH GAME AND RELAY. THE STUNTS ARE APPLICABLE TO ALL GRADES AND ARE BRIEFLY DESCRIBED. (RB)

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Indoor Play Activities

GAMES

RELAYS

STUNTS

RC 000 893

NORTH CAROLINA PUBLIC SCHOOLS

PUBLICATION NO. 309

U.S. DEPARTMENT OF HEALTH, EDUCATION & WELFARE
OFFICE OF EDUCATION

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INDOOR PLAY ACTIVITIES

ISSUED BY THE

STATE SUPERINTENDENT

OF PUBLIC INSTRUCTION

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RALEIGH, NORTH CAROLINA

FOREWORD

It is recognized that children, in their normal growth and development, need physical activity each day. During the school age years, the school has assumed the responsibility for organizing and directing such activities. Weather conditions permitting, these physical activities are usually conducted outdoors in order that children may benefit from sunshine and fresh air. During inclement weather, however, in schools where gymnasiums and special playroom facilities are limited or not available, it becomes necessary to remain in the classroom. This bulletin has been prepared as a suggested guide for elementary school teachers who are confronted with the problem of providing physical activities under such conditions. Appropriate games, relays and stunts are included in sufficient variety to provide profitable, happy and wholesome indoor play experiences for children in all elementary grades. Dramatic and mimetic activities and story plays have not been included in this bulletin since they may be found in our publication No. 279, *Physical Education in the Elementary and Secondary Schools,* which this publication supplements.

The classroom teacher has opportunity to observe the child's development in all areas of the curriculum and to maintain proper balance in exercise, rest, relaxation through play and academic work. This balance is best achieved when physical activities are correlated with other areas of the curriculum, particularly social studies and music. It is hoped that this bulletin will be of assistance to teachers who are seeking ideas on how to plan enjoyable physical activities for children when they must remain indoors.

We are grateful to Dr. Taylor Dodson and Helen Stuart, State Advisers in Physical Education, for compiling and arranging this material.

Chas. H. Carroll

State Superintendent of Public Instruction

May 20, 1956.

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CLASSROOM PLAY EQUIPMENT

It is generally agreed that the classroom teacher is in a position to evaluate the experience in a child's school day and to plan for a proper balance in all the day's activities. In schools where there is no indoor play room other than the regular classroom, the teacher's role is made easier if she has a supply of play equipment suitable for use in classroom activities.

Suggested equipment appropriate for use at the various grade levels is described in this bulletin. Much of the equipment listed can be obtained at little or no cost. Children may help in the gathering of materials and the making of many of the various pieces of improvised equipment.

The material should be stored in a convenient place. The teacher of elementary children would benefit by having a shelf on which is kept odds and ends of equipment for indoor games. These pieces of equipment might include such things as ropes, mason jar rubbers, blocks, clothes pins, bottle caps, checkers, bean bags, stuffed balls, jars and tin cans. Equipment for outdoor games may also be used indoors and an adequate supply of records for folk dances and creative rhythms is also desirable. Objects which are handled by many children and those which are thrown or bounced should be kept as clean as possible for the protection of the children and the walls of the classroom. When an article which cannot be cleaned and restored to its original neatness becomes soiled and ragged, it should be replaced.

The following materials are suggested:

1. Beanbags. Approximately 5" x 5" in size. May be made of bed ticking denim, filled (not quite full) with either beans, peas, corn, cotton seed or acorns.
2. Wands. Broom or mop handles, cut 24" to 30" long.
3. Stuffed balls. Strong paper bag, small cloth sack, or top of old nylon hose stuffed with paper or excelsior.
4. Wooden blocks for bowling, size 2" x 4" x 8".
5. Cardboard boxes for target toss or classroom basketball. Approximately 15" square, 15" to 18" high.
6. Newspaper batons for relays. Three or four double sheets of newspaper folded, then rolled to the size of about one inch in diameter and 12 inches long and tied at each end with twine, string or a rubber band. Good for both indoor and outdoor activities.

7. Rope quoits. Made from short pieces of rope with ends joined and made secure with tape or string.
8. Balance beam. (See Physical Education Handbook, page 127.)
9. Building blocks. Excellent for creative play. Scrap pieces of various shapes and sizes of dressed building materials. These may be painted in different colors.
10. Chinning bar. A 2" iron pipe, or a strong wooden broom handle, as long as the width of the door. Two supports to hold the bar, 3" x 5" with sawed out V groove nailed to the inside facing of the door. The height of the bar should depend on the average height of children in the room.
11. Sponge balls.
12. Partially deflated or completely deflated playground or volleyballs.
13. Balloons.
14. Heavy jar rings.
15. Old embroidery hoops.
16. Checkers.
17. Dominoes.
18. Jacks.
19. Marbles.
20. Chinese checkers.
21. Table shuffleboard.
22. Hopscotch courts.
23. Over-turned chair that has legs, for ring toss.
24. Clothes pins.
25. Puzzles.
26. Tin cans of various sizes.

GAMES

BACK TO BACK

Grades: 4-8.

Equipment: Whistle or music (hand clapping may be used).

Formation: Couples stand back to back around the circle with an extra player in the center.

Rules of the Game: On a signal players start walking in opposite directions. When the leader blows a whistle, stops the music or hand clapping, and calls out "Back to Back" every person must stand back to back with another. The one in the center also tries to get back to back with another. The extra player goes to the center each time. A score may be kept between the boys and girls, between squads, or as an individual contest to see who has the fewest number in the center at the end of the game.

BALLOON BALL

Grades: 4-8.

Equipment: Long string 4′ to 6′ high to divide room into two parts; an inflated balloon or stuffed ball.

Formation: The teams are seated in alternate rows. The A's represent the players on one team; the B's, the players on the opposing team.

Rules of the Game: The balloon or stuffed ball is thrown into the air in the center by the teacher, and the players of both teams strike it with open hand.

Object—The players of team A try to bat the balloon or stuffed ball to goal A; the players of team B try to send it to goal B.

Fouls—Fouls are called for the following:

1. Standing more than half erect
2. Leaving seat entirely
3. Raising desk (if movable)
4. Striking ball with clenched hand

Score—Each goal made counts two points. One point is also awarded to the opposing team for each foul.

When conditions permit, this game may be varied by having a goal keeper for each team whose duty shall be to prevent the balloon or ball from reaching his or her goal. This goal keeper should stand, and should have free use of the aisle in front of the goal.

BEAST, BIRD OR FISH

Grades: 4-7.

Equipment: None.

Formation: Children are seated. A leader stands at the front of the room.

Rules of the Game: The leader quickly points to any one player and says, "Beast, Bird or Fish!", then repeats one of these immediately and counts to ten. The player at whom he points must give the name of a beast, bird or fish, depending upon which was specified, before the latter has finished counting to ten. Should the player succeed in doing this, he becomes the leader. Should he fail, the same leader points at some one else and the game is repeated.

BUZZ

Grades: 5-8.

Equipment: None.

Formation: Players are seated.

Rules of the Game: The children begin to count in turn, but when the number 7 or any number in which the figure 7 appears is reached, they say, "buzz" instead of whatever the number is. When the players have counted up to 13, the next player should say "buzz" because 14 is a multiple of 7 (twice 7). The next player would then say "15", the next "16" and the next would say "buzz" because the figure 7 occurs in the number 17. If one of the players forgets to say "buzz" at the proper time, he is out. The game then continues with the remaining players, over and over, until there is but one person remaining.

CAT AND MICE

Grades: 1-3.

Equipment: None.

Formation: Players are seated. One is chosen to be the cat and hides under the teacher's desk.

Rules of the Game: Five or six children are chosen from different areas of the room to be mice. They creep up softly and when all are assembled, they scratch on cat's hiding place with their fingers. When cat hears this she chases the mice who try to get back to their seats without being caught. If no mice are caught, the cat is "It" again. Do not let one child be cat too long. If mice try to be caught, let last one caught be new cat. Choose new mice each time.

CAT AND RAT

Grades: 3-8.

Equipment: None.

Formation: The players sit in their own seats. One child is chosen to be cat and another, rat.

Rules of the Game: The cat chases the rat. When the rat is about to be tagged, he may sit with someone, and this player becomes the rat. If the cat tags the rat, the rat becomes the cat. If a cat becomes tired of running, he may choose someone to take his place. Variation—When the rat is about to be tagged, he sits with the last player in the row. This player moves up and sits with the player in front of him, who then moves. This continues, making the first player in that row the rat. The cat then chases the new rat.

CHANGING SEATS

Grades: 1-6.

Equipment: None.

Formation: All the players are seated. One leader stands in front.

Rules of the Game: The leader gives the command, such as "change right", "change left", "change front", "change rear", all players moving in the direction of the command. The players who are forced into the aisles next to the side, or rear walls, or the front of the room, run to the vacant seats at the opposite side, front, or rear of the room.

CHASE THE ANIMAL AROUND THE CIRCLE

Grades: 1-4.

Equipment: Two balls, or beanbags, varying in color or size.

Formation: Players stand in a circle. The objects are given names such as Rabbit and Hound.

Rules of the Game: One of the objects is passed from player to player. When the first object gets about halfway around the circle, the second is started. If the second catches the first the Hound wins. If the first one catches the second, the Rabbit wins.

CIRCLE ACTIVITIES

Grades: 1-3.

Equipment: Music, if available.

Formation: Players are in a circle around the room all facing the same direction. One is designated as the leader.

Rules of the Game: The leader calls the signals for the various activities:

1. Start walking around room, never stop completely.
2. Start hopping.
3. Make yourself as small as possible and continue walking.
4. Make yourself as tall as you can and continue walking.
5. Grasp ankles and continue walking.
6. Walk on heels.
7. Walk on toes.
8. Walk with stiff knees.
9. Squat down and jump forward.
10. Walk using giant steps.
11. Walk fast, swinging arm vigorously.
12. Walk forward raising the bent knee of the advancing leg as high as possible.
13. Walk on heel of one foot, toe of other foot.

CIRCLE TAG

Grades: 4-8.

Equipment: Three foot circle marked with chalk on the floor at the front of the room.

Formation: The children are in their seats and one player is chosen to be "It"; he stands in front of or near the circle so as to guard it.

Rules of the Game: "It" calls the names of two or more players, who try to touch the circle with one foot before being tagged by "It". Players may run in any direction, and should make this a "dare" game.

CLAP IN

Grades: 1-8.

Equipment: None.

Formation: Players are seated. One chosen to be "It".

Rules of the Game: "It" leaves the room while someone in the room hides an object in plain sight to the children in the room. The one who left the room returns and hunts for the hidden object. When he is far away from the object the children clap very softly. As he gets nearer the object, the children clap louder, thus helping the player to find it. When the player finds the object, he chooses someone to take his place.

The game may be varied by the children jumping short jumps when the player is far away from the object and high jumps as he glets closer to the object. Stooping may be used instead of jumping.

CONTRARY CHILDREN

Grades: 3-6.

Equipment: None.

Formation: All players are standing in aisles.

Rules of the Game: One child is "It" and stands at the front of the group. "It" tells the players what to do and they must do the opposite of what he tells them. If he says, "Jump", they must stand still. If he says, "Turn to the left", they must turn to the right. If anyone is caught doing what "It" says, then he becomes "It".

CORNER SPRY

Grades: 4-8.

Equipment: Four beanbags, or balls.

Formation: The children are divided into four groups with one group placed in each corner of the room with a captain who stands in front of each team with a beanbag, or ball.

Rules of the Game: On a signal the captain throws the beanbag or ball to the first player in his group who tosses it back to the captain and on down the line of team members until all have thrown. As he throws the ball to the last player he calls "Corner Spry" and goes to the head of the line. The last player immediately goes out in front to become the leader. Continue in this way until each player has been a leader. The team that gets back to its original position first wins the game.

DO THIS—DO THAT

Grades: 4-6.

Equipment: None.

Formation: All players stand facing a leader.

Rules of the Game: The leader performs any movement, at the same time saying, "Do this"! The rest of the players immediately imitate this. Should the leader any time say, "Do that"! instead of "Do this" any player who imitates him must be seated or pay a forfeit.

DOG AND BONE

Grades: 1-3.

Equipment: Beanbag or eraser.

Formation: All children are in their seats. One person is selected to be the dog who sits in a chair at the front and hides his eyes.

Rules of the Game: The leader selected from those seated very quietly points to someone to tiptoe up and get an eraser or beanbag which is behind the dog's chair. All put their hands behind their backs and the dog gets three guesses as to who has the eraser. If he guesses right, the person who has the eraser must be the dog. If not, he must continue as the dog.

DUCKS FLY

Grades: 1-4.

Equipment: None.

Formation: Players are standing with a leader in front.

Rules of the Game: The leader calls out the natural activity of any animal, such as "Horses run", "dogs bark", or "ducks swim" and the players imitate the movement. Should the leader call out "chickens swim", "ducks fly", or any activity which the animal cannot perform, the player must not imitate him. True statements must be imitated and untrue statements must not. Should an untrue statement be imitated by any player, that player must be seated.

EXCHANGE TAG

Grades: 3-6.

Equipment: None.

Formation: Players are seated with one chosen as "It" standing in front of the room.

Rules of the Game: The teacher or "It" calls the names of two players who must try to exchange seats before the one who is "It" can tag either one of them. The one tagged becomes "It". If neither of them is tagged, two other names are called with the same one "It".

FIND ME

Grades: 1-6.

Equipment: Beanbag.

Formation: Children stand—one child is at the front of the room with back turned toward the class.

Rules of the Game: "It" tosses the beanbag back over his head to the other children. One child catches it and all the children put their hands behind them and call out "Find me". "It" turns around and tries to guess who has the beanbag. If he succeeds, he tosses the beanbag again. If not, the one who has it takes his place as "It".

FIND THE RING

Grades: 4-8.

Equipment: Long cord tied together at the ends and a metal ring on the cord.

Formation: Players form a circle with one in the center.

Rules of the Game: All the players in the circle have in their hands the cord on which has been placed a metal ring. The odd player then stands in the center of the circle and attempts to locate the ring as it is passed from one player to another. When he successfully locates it, he changes places with the one in whose hands it was when he discovered it.

FOLLOW ME

Grades: 1-3.

Equipment: None.

Formation: All children are seated with the exception of one.

Rules of the Game: The one player who is the leader walks around the room and touches four to six players on the shoulder. As he touches them he says, "Follow me." After the players chosen have followed the leader up and down the aisles, he calls, "Scatter." On the word "Scatter," the players chosen by the leader run back to their seats. The first one back is the new leader. This game can be seasonal by choosing, for example, brownies or Santa's reindeer.

FOLLOW THE LEADER

Grades: 1-4.

Equipment: None.

Formation: One player is chosen as leader. The others all form in single file behind him as he moves forward.

Rules of the Game: The players follow the leader and imitate anything he does. The leader should aim to keep the line moving and set interesting and hard tasks for the rest, such as duck walk, dog run, jumping a certain distance, etc. Any one failing to perform the required feat goes to the end of the line. If the group is large. Several lines should be formed with a leader for each.

FRONT MAN

Grades: 4-8.

Equipment: None.

Formation: A tagger and runner are chosen. The remaining players are seated so that the rear seat of each row is vacant. If there are more seats than players, place books on the vacant desks to signify that those seats are not to be used.

Rules of the Game: The tagger tries to catch the runner. The runner may save himself at any time by stopping at the rear of any row of seats and calling loudly, "Front Man". He is no longer the runner. The player sitting in the first seat of that row becomes the new runner and must seek safety from the tagger. If tagged, the runner and tagger change places and the game is continued. After the runner and tagger leave an aisle, the children in that row move forward one seat. Each time a new player is in the front seat.

HAVE YOU SEEN MY SHEEP?

Grades: 3-6.

Equipment: None.

Formation: All players but one form a circle.

Rules of the Game: The odd player walks around the outside of the circle and touching one of the players on the back says, "Have you seen my sheep?" The one questioned answers, "How was he dressed?" The first player then describes the dress of one of the players in the circle. The one questioned then attempts to guess the person described. As soon as he has guessed the right one, he chases the one described around the outside of the circle attempting to catch him before he runs around the circle and returns to his place. The one who starts the game does not take place in the chase. If the player being chased gets back without being tagged, he becomes "It" for the next game.

HEADS DOWN, THUMBS UP

Grades: 1-6.

Equipment: None.

Formation: The children are seated with three or four standing at the front of the room.

Rules of the Game: The teacher calls out "heads down, thumbs up"! The children put their heads down on their desks, closing their eyes, and hold up one thumb. The three at the front walk quietly and quickly and each one touches a thumb and returns to the front. The teacher then calls out "heads up thumbs down". The three children who were touched are asked to stand and try to guess which child touched his thumb. If successful in guessing the right one he changes places with the one at the front. If not, he remains in his seat.

HOT BALL OR HOT BEAN BAG

Grades: 3-8.

Equipment: Ball or bean bag.

Formation: All players sit in their seats except the one who is "It".

Rules of the Game: A ball, or bean bag, is quickly tossed from one player to the other while "It" attempts to tag the player with the ball, or bean bag. If a player is tagged while he is holding the ball, he becomes "It". If "It" should get the ball, when it drops to the floor, the last one touching it becomes "It".

I SAW

Grades: 1-3.

Equipment: None.

Formation: Players form a circle with one in the center as "It".

Rules of the Game: The children ask "It", "What did you see?" "It" answers, mentioning some action which he and the others can imitate; for example, he may answer, "I saw a horse trotting down the street." Then all the children, following the lead of "It" trot around in the circle. Here are some good answers:

I saw a butterfly flying in the garden
I saw a band leader leading a band
I saw a frog leaping

Another way to play is for "It" not to answer but to start some action. The others guess what he means before they imitate him.

I SPY

Grades: 4-6.

Equipment: Any small object.

Formation: All children except one are seated with eyes closed.

Rules of the Game: The one child selected hides the small object; the others search for the hidden object, the first one who sees it goes to his seat and says "I Spy" while the others continue the search until all spy object. The player first seeing the object hides it next time.

I'M VERY VERY TALL

Grades: 1-3.

Equipment: Cloth for blindfolding.

Formation: The children form a circle with a blindfolded child in the center.

Rules of the Game: The children in the circle sing: "I'm very very tall, or I'm very very small. Sometimes tall, sometimes small. Guess which I am." As they sing "I'm very very tall, they stand on tiptoes with arms high in the air. When singing "I'm very very small," they stoop down as low as possible. They stretch up again as they sing slowly "sometimes tall" and down with "sometimes small". The leader, or teacher, gives a signal for them to be tall or small on the last line and the child in the center tries to guess the position of those in the circle. If he succeeds, he names someone to take his place.

IN THE POND

Grades: 3-6.

Equipment: None.

Formation: Players stand close together in a circle, facing in, with hands on knees. One person is the leader and stands in the center.

Rules of the Game: When the leader gives a command "In the pond", all jump forward. At the command "On the bank", all jump backward. If the leader gives the command "In the pond" when they are in the center, no one is to move except the leader who moves on all commands. If the command "On the bank" is given when they are on the bank, no one should move. Commands should be given quickly. Players who move at the wrong command must be seated. The last one "up" becomes the leader.

JERRY CAN'T CATCH ME

Grades: 1-3.

Equipment: None.

Formation: Children form a single circle with one child in the center as "Jerry".

Rules of the Game: Those in the circle march, skip, hop, jump, or run around clockwise, repeating the rhyme:

Jerry swam the ocean
Jerry swam the sea
Jerry caught a catfish
But can't catch me.

When the last word is said, Jerry tries to tag any player in the circle before he stoops. If tagged, the child changes places with "Jerry". If the circle is large, there may be more than one "Jerry".

JUMP THE BROOK

Grades: 1-4.

Equipment: A space a few feet wide drawn on the floor.

Formation: Children are in single file.

Rules of the Game: Children run and try to jump over "brook" just made. If successful, they continue. If they get their feet wet, they must return and try again. When all have succeeded, increase width of brook.

KING AND QUEEN

Grades: 4-8.

Equipment: Two erasers or beanbags.

Formation: Children divide into teams, boys and girls, in their seats. One boy and one girl chosen to be king and queen take their places at opposite ends of room and place the erasers or beanbags on their head as crowns. They cannot be touched when the game starts.

Rules of the Game: The king chases the queen up and down the aisles trying to catch her or causing her to lose her crown. If the king catches her or causes her to lose her crown, he gains one point for his team. They take their positions and the queen chases the king. After each have had their turn a new queen and king are chosen and the game continues. A running score is kept and the first team to reach 5 or 10 points is the winner.

LAST ONE UP

Grades: 4-8.

Equipment: None.

Formation: The children in one row or alternate rows stand in the aisles to the right of their desks. An additional child is added to each row, making one more player than there are seats in the row.

Rules of the Game: At a signal the children start walking rapidly around their own row of desks. When the leader gives a second signal each child tries to secure a seat. The one failing to get a seat becomes the odd player the next time around. Score may be kept by seeing who is the odd player the fewest number of times.

MAGIC CARPET

Grades: 1-6.

Equipment: Music.

Formation: A circle of rectangles about the size of a small carpet drawn on the floor about twenty feet apart. The children form a single circle.

Rules of the Game: When the music starts the children walk around the room; at intervals the music stops and any child on a magic carpet takes his seat. This continues until only one child is left. The children must march across the carpets and not jump over them. Skipping, hopping, galloping movements may be used.

MOVING DAY

Grades: 4-8.

Equipment: None.

Formation: The class is divided so that two rows play together. One player is chosen to be "It", or the landlord, for each group.

Rules of the Game: "It", the landlord, walks up and down the aisle between the two rows of "houses" (seats) and asks "Any houses for rent today?" The occupants of the houses change places at any time they see fit and "It" attempts to secure a place during the change. When "It" secures a place, the child left without one becomes "It". Empty seats should be marked with a chalk cross. Then they become haunted and cannot be occupied.

ORGAN GRINDER MAN

Grades: 1-6.

Equipment: Some small object such as a knife.

Formation: All children except "It" are seated in regular seats.

Rules of the Game: The child who is "It" leaves the room. Someone hides the object. When "It" returns to the room, the class sings: (To the tune of "The Farmer in the Dell.")

The organ grinder man
The organ grinder man
We'll do the best we can to help
The organ grinder man

As "It" approaches the object, the singing gets louder. If "It" goes away from the object, the singing gets softer. By means of the change in tone the child can be led to find the object.

POISON PENNY

Grades: 4-8.

Equipment: A penny, music.

Formation: Circle around the room.

Rules of the Game: Music is played. The teacher starts a penny around the circle, each child must receive and pass it on to the next one. When the music stops, the one holding the penny has one score against him. If the music is not available, a whistle may be used. The object of the game is to see who has the fewest scores at the end.

SCHOOLROOM BASKETBALL

Grades: 4-8.

Equipment: One ball, or beanbag, and one waste paper basket or medium size cardboard box for each row.

Formation: Divide the class into two or four even teams with a waste paper basket placed on the floor for each team about fifteen feet away from the throwing line.

Rules of the Game: The ball, or beanbag, is given to the rear player in each line, and, on the signal, is passed forward with both hands over the heads of the line until it reaches the front player, who throws for the basket, and then, whether or not a goal is made, picks up the ball and runs to the back of the line to start the ball again forward. The side making most scores is the winner.

SCHOOLROOM DODGEBALL

Grades: 3-8.

Equipment: Stuffed ball.

Formation: The players are evenly divided into two teams. One team takes its place around the outer edge of the room; the players of the other team scatter through the aisles or seats.

Rules of the Game: The outer team tries to hit the inner team with the ball; any player so hit takes his place with the outer team and joins in its play until all players of the inner team are eliminated; whereupon, the teams exchange places. The team which eliminates the inner team members in the shortest time wins.

Only a hit from a ball on the fly counts. A hit from a bounce does not put a player out. If a ball touches any part of the clothing or person, it is considered a hit. If two players are hit by the same throw, only the first one hit is considered out. Players may dodge the ball in any way. Should the ball be out of reach of any player of the circle team, it is returned to the circle players by a toss from one of the inner team.

If successive games be played, the teams change places, the inner players going to the circle, and vice versa. The game may then be played in innings if desired, each team to be given three minutes in the circle. One point is then scored against a team for every player hit while in the circle, and the team wins which has the smallest score at the end.

SCHOOL ROOM TAG

Grades: 4-8.

Equipment: None.

Formation: All players are seated with the exception of "It", who stands near a drawn circle on the floor at the front of the room.

Rules of the Game: The child who is "It" calls the names of three players. The players rise and try to reach circle without being tagged. They run in aisles. The last one tagged is "It".

SIMON SAYS

Grades: 4-8.

Equipment: None.

Formation: Players are standing with leader standing at the front.

Rules of the Game: The leader gives gymnastic commands which are to be executed only if prefaced by "Simon says". Those executing commands not prefaced by "Simon says" must take their seats. The row or table having most players standing after two minutes of play is declared the winner.

SKIP AROUND

Grades: 1-8.

Equipment: None.

Formation: Players form a circle with one person on the outside.

Rules of the Game: The outside person is "It" and must skip around and tag someone. The person tagged must skip in the opposite direction. When the two meet they stop and bow, link arms and skip in a small circle, then continue in the same direction back to the vacant spot. The first one to reach the vacancy stays there; the other continues as "It".

SLAP TAG

Grades: 1-8.

Equipment: None.

Formation: Players form two equal lines facing each other. All players on one side hold one hand outstretched, palm up.

Rules of the Game: One player from the opposite line goes across and walks along in front of the line touching the palm of each player in the line. When he comes to one whom he wishes to chase him, he slaps that palm and dashes for his own line chased by the player whose hand he slapped. If the chaser succeeds in tagging the first player, he must go on the chaser's side. If not, the chaser must go to the first player's side.

SPIN THE PLATE

Grades: 1-8.

Equipment: Tin pan.

Formation: The children may be in their seats or standing in a circle. One child is at the front of the room or standing in the center of the circle.

Rules of the Game: The child, who is standing in front of the room or in the center of a circle, calls another child by name as he spins the plate on the floor. The child whose name was called must run forward and pick up the plate as it spins. Should he succeed, he becomes "It". If he fails, the first "It" calls someone else to catch the plate as he spins it a second time.

SQUIRREL AND NUT

Grades: 1-6.

Equipment: A nut or any small object.

Formation: One child is chosen to be the "squirrel." The other children are seated with their heads bowed on one arm and the other hand outstretched. The "squirrel" is at the front of the room.

Rules of the Game: The "squirrel" takes the nut and runs on tiptoe among the other players. At his discretion, the "squirrel" drops the nut into one of the waiting hands. The player who gets the nut jumps up from his seat and chases the "squirrel," who is safe only when he reaches his nest (seat). Should the "squirrel" reach his nest without being caught, he may be "squirrel" the second time; otherwise the player who received the nut becomes the next "squirrel".

STOOP

Grades: 4-8.

Equipment: Music.

Formation: Each boy has a partner—girl on the outside.

Rules of the Game: When the music starts (the group may sing a lively song), the girls march clockwise, and the boys, counter-clockwise. When the leader blows a whistle or when the music stops, the partners run to each other, join both hands, and stoop down. The last couple down must go to the "mush pot", center of circle. As the game is repeated the last couple down each time must exchange with the couple in the center.

TEACHER AND CLASS

Grades: 3-6.

Equipment: A beanbag, or ball, for each group of players.

Formation: Divide the class into equal teams of six or eight who stand in line facing the "teacher", or leader, who is six to twelve feet away.

Rules of the Game: The "teacher" tosses the bean bag, or ball, to each player in succession, beginning at the head. That player tosses the ball back to the leader. A player who misses goes to the foot. If the leader misses, he goes to the foot and the player at the head becomes the leader.

THE BOILER BURST

Grades: 1-8.

Equipment: None.

Formation: Children are in seats with one more child than there are seats. Leader is at the front.

Rules of the Game: The player who stands at the front of the room begins a story. At its most dramatic point, the leader says —"and then—the boiler burst!" Then all players must change seats while the leader tries to secure a seat for himself. The game continues with the odd player as leader.

THE POOR HOUSE

Grades: 4-12.

Equipment: A chair for each player.

Formation: Players choose partners and sit side by side, holding hands in the chairs placed in horseshoe formation. At the open end of the horseshoe two chairs are placed facing in. The chairs represent the "poor house".

Rules of the Game: Each couple is given a number. The couple in the "poor house" calls out two numbers and the couples whose numbers are called must exchange places while the couple from the "poor house" tries to get one of the other houses. The couple left over goes to the "poor house". All must change places when the couple in the poor house calls out "House afire". Couples must hold hands during the game.

TRAFFIC COP

Grades: 1-4.

Equipment: Whistle.

Formation: One person has a whistle and is the traffic cop. The other players are scattered around the room.

Rules of the Game: The cop tells them to run, walk, skip, jump, or any other activity he wishes. After they have done that for a short time, he blows his whistle and whoever makes a move after the whistle is blown must sit down. The cop should be quick in his orders and quick to notice all that move.

WEATHER COCK

Grades: 1-8.

Equipment: None.

Formation: Children stand in the aisles. One who represents the weather bureau stands at the front of the room.

Rules of the Game: When the "weather bureau" calls out, "The wind blows north, south, east, or west", the other children turn quickly in the direction called. The "weather bureau" may say "whirlwind", and when he does the players all spin around quickly on the right heel three times.

The interest will depend very largely on the rapidity and variety with which the leader calls the various points of the compass. For older children, halfway points may be named, as northwest, southwest, etc.

RELAYS

AROUND THE ROW RELAY

Grades: 3-8.

Equipment: None.

Formation: Children are seated with an even number of players in each row.

Rules of the Game: At a signal, the last player in each row leaves his seat on the right hand side, runs forward, continues around his own row of seats and re-enters his seat on the right side. The leader records which team player is first seated and then signals the second player to run. The game continues until all have run. A point is given for each player who finishes the run before his opponent, and the team with the most points is the winner.

AUTOMOBILE RACE

Grades: 3-8.

Equipment: None.

Formation: Children are seated in rows with a leader for each.

Rules of the Game: The leader of each row decides what automobile he wishes his row to represent. At a signal from the teacher, the last child of each alternate row runs around his row of seats before returning to his seat. He tags off the second pupil to do likewise, and so on until all in the row have run. The last one to run in each row holds up his hand. The one to get back first is the winner. The remaining rows run, and the winner of each of these is decided upon. The next race is between the winners.

BACK TO BACK RELAY

Grades: 4-8.

Equipment: None.

Formation: Any number, divided into equal teams.

Rules of the Game: Players go in pairs, back to back with elbows linked. One runs forward and the other backward to the turning line; on the return the other runs forward and the one backward. They touch off the next couple. The game continues until all have run.

BAG PILE

Grades: 4-6.

Equipment: 4-5 beanbags for each row.

Formation: Children are divided into two or four even lines. In front of each line place four or five beanbags which are to be passed down the line one by one.

Rules of the Game: At a signal, the first player in each line passes one beanbag at a time down the line until all have been passed. When the last player gets the first bag he lays it on the floor. As each beanbag comes to him he places one on top of another with only the first touching the floor. No one may help him stack the bags. If the bags should fall over they must be stacked again. The winner is the line which stacks them first. The player who stacks the beanbags carries them to the front of the line and becomes the first player for the next time.

BEAN BAG-BASKET RELAY

Grades: 3-8.

Equipment: A beanbag and wastepaper basket for each line of players.

Formation: Player form teams in the aisles behind the throwing line. The basket is placed about 6 feet away.

Rules of the Game: When the signal is given each child in turn tries to toss the beanbag into the basket that is in front of his line. If he succeeds he scores two points for his team. If the bag lands on the edge of the basket he scores one point. After all have had their turn, the scores are totaled and the team with the higsest score wins. Skill rather than speed should be encouraged.

BEAN BAG RELAY

Grades: 3-8.

Equipment: One beanbeag for each row of seats.

Formation: All children seated in rows facing front of room.

Rules of the Game: Person at front of each row has a beanbag on the desk in front of him. On the signal to start, he taps the beanbag on the desk and places it on the floor beside the desk behind him. The person in that desk picks the beanbag up and taps it on his desk top twice and so on until the last person in the row taps the beanbag on his desk and holds it aloft to signify the finish of the race.

This relay may be varied by simply passing the beanbeag

over head or by picking it up with the hand on the side which it was placed, putting it into the other hand and placing it on the opposite side from which it was taken.

BEAN BAG RING THROW

Grades: 3-8.

Equipment: Six beanbags for each row or team. A circle on the floor near the blackboard in line with each team. A throwing line even with the front desk.

Formation: Even number on each team and in their seats.

Rules of the Game: The game should start with the six beanbags on each front desk. At a signal the front pupil in each row steps forward to the throwing line and throws the six bags in succession for his circle. Each bag that lands fully within the circle scores one point for him. No score is made for a bag that touches a line. He then steps to the blackboard in front of his aisle, and writes down his score; then gathers up the bags, places them on the front desk and takes his seat. When he is seated the player next behind him steps forward to the throwing line and repeats the play, or if desired the next row of players across the room may wait for the teacher's signal for doing this, as the game is played for a score and not on time limits. The row wins which has the highest score when each of its players has thrown. Each player after the first not only writes his score on the blackboard, but must add scores also.

BLACKBOARD RELAY

Grodes: 3-6.

Equipment: Chalk.

Formation: Even number of children in each row.

Rules of the Game: The first player in each row is given a piece of chalk. At a signal the player with the chalk runs to the board and draws a straight line, returns to his seat, and hands the chalk to the player behind him, who runs and does likewise. (The object is to design a house using only straight lines. Each child may draw only one line.) The row with the best house scores a point.

BOWLING

Grades: 3-9.

Equipment: Three wooden blocks 2" x 4" x 8" and one ball for each team.

Formation: The three blocks are placed four or five inches apart to form a triangle with the apex toward the line of players. The teams are in single file behind a starting line twelve to twenty feet from the blocks. There is a "scorer" and "pin boy" for each team.

Rules of the Game: The first player in each line rolls the ball, attempting to knock all three blocks over at once. If he succeeds, it is called a "strike" and he receives five points for his team. If he knocks down two blocks, he gets three points. One point for one block. The pin boy sets up the blocks and the scorer records the points. Continue until all have had a turn. The team with the highest score wins.

BULL FROG

Grades: 4-8.

Equipment: None.

Formation: Equal teams.

Rules of the Game: Players line up in relay lines. Each player places hands on hips and starting from a deep knee bend, hops around a given marker and returns to the starting line. He must hop, not run. The team finishing first is the winner.

CATERPILLAR RELAY

Grades: 4-8.

Equipment: None.

Formation: Equal teams.

Rules of the Game: The first player on each team places his hands on the floor. Each player back of him bends down and grasps the ankles of the player in front of him. At the starting signal each team moves forward to a point several feet away and back to the starting line. The first team that completely crosses the starting line without breaking the line is the winner. *Variation:* The teams may divide into pairs, which proceed as above, one pair at a time.

CIRCLE SEAT RELAY

Grades: 4-8.

Equipment: None.

Formation: Equal number of players are seated in each row. The children should keep their feet under the desk.

Rules of the Game: On the signal "go", the last player in each row runs forward on the right hand side of the desks and back on the left hand side around the rear returning to his seat on the right side. As soon as he is seated he touches the person in front of him and that player runs the same way. When the front player in each row has run around the row, he raises his hand to show that all in his row have run. The first front player raising his hand is the winner.

CROSS RELAY

Grades: 3-6.

Equipment: A beanbag, or eraser, for each row.

Formation: Equal number of players in rows across the room. Place an eraser, or beanbag, on floor beside each child in the outside row.

Rules of the Game: At signal each child picks up eraser or beanbag beside him, changes it from one hand to the other *above head* and puts it down on floor in aisle between him and next child, who repeats. Row that gets the object across room first wins.

CROSSING THE ICE

Grades: 5-8.

Equipment: Two pieces of cardboard for each team.

Formation: Four or five teams with an equal number of players on each team are lined up in respective aisles and toward the rear of the room. The first player of each team has two pieces of cardboard.

Rules of the Game: On signal the first player of each team places the cardboards under his feet and begins his advance to the front of the room. Players advance by lifting one foot, placing the cardboard that was under this foot forward and stepping on it with the same foot, then reaching back to get the cardboard from under the other foot, placing it forward and stepping on it with the same foot. After reaching a designated spot marked at the front of the room, the player picks up the cardboards and races back, giving them to the next in line and stepping aside so

that the advance of the next player will not be obstructed. The race continues and the first team to complete the race wins.

This relay can be run by having all rows seated, the race starting with the last player of each row. As the aisles are cleared all move back one seat leaving the first seat in each row vacant. When the active player reaches the finish, he returns to the first seat in his row, becomes seated, and passes the cardboards down the row to the now last player who repeats. Continue until all have participated.

ERASER RELAY

Grades: 3-8.

Equipment: A beanbag, eraser, or paper baton, for each row.

Formation: Place an eraser on the front desk in each row.

Rules of the Game: At a signal the object is passed backward overhead, being passed by each child in succession. When the player in the last seat gets the object, he runs forward with it, coming up on the right hand side of the seats, and places it on the front seat. The child who places the object on the front seat first wins a score for his row. Each child then moves back one seat, the player who has just run takes the first seat. Continue until every child has run. The row with the highest score wins.

GEOGRAPHY RELAY

Grades: 6-8.

Played like "Blackboard Relay", except that players write the name of some state in the Union, or of some river in Europe, or some city in their own state. The row wins that first finishes without errors in spelling, capitals or subject matter. No duplicate names allowed in a given row.

HEAD BALANCE RELAY

Grades: 3-6.

Equipment: A beanbag for each row.

Formation: Divide the class into two or more equal lines, facing front. (May be in seats). Designate a goal in front of each line.

Rules of the Game: The first player in each row places a bean bag on his head and at the word "go" walks forward to the goal and returns to the starting point. The next player takes the bag placing it on his head and does likewise. The game continues un-

til all children have run. If the beanbag falls off the runner's head, he must stop to replace it before proceeding. The team wins whose players finish first.

HEEL AND TOE RELAY

Grades: 2-6.
Equipment: None.
Formation: Equal teams.
Rules of the Game: Players advance singly by placing the heel of one foot against the toes of the other. Contact must be made with each step. Adjust the turning point to the age level. Hopping Relay and Sore Toe Relay may be used as build-ups or alternates with Heel and Toe. In Hopping Relay, the players simply hop on one foot. In Sore Toe Relay, they grasp one toe with both hands and hop to the turning point. There they change toes and hop back to the starting line. The team that finishes first wins.

HISTORY RELAY

Grades: 6-8.
Played like "Blackboard Relay", except write the names of some historical person in a given country or period, as the Presidents of the United States.

HOME RUN

Grades: 4-8.
Equipment: A beanbag, or ball, for each row.
Formation: Have the same number of players standing in each aisle with the number one player standing in front facing his row.
Rules of the Game: At the command "go" the number one player passes the ball, or beanbag, to the next player standing in line who immediately passes it back and sits down. When all the row have passed the ball back to the leader, the leader places it on the first desk and runs to the seat of the last player. The rest have moved up one seat, and the game continues until all have been the leader. When the original leader gets back to his original place, he calls out "Home run". The first to call out wins the game.

HOPPING RELAY

Grades: 3-6.
Equipment: None.
Formation: Even numbers in each row.

Rules of the Game: At signal the first child stands, hops up and touches front of room and returns to place. As soon as he sits down the second child repeats. If both feet are touched to floor in hopping, the row is disqualified.

HUMAN POTATO RACE

Grades: 3-8.

Equipment: None.

Formation: Players are divided into four teams. Each standing or sitting in single file. The leader for each line stands facing his team.

Rules of the Game: On signal leader runs forward and takes the hand of one player or "potato" and runs with him to the finish line where the "potato" must kneel. The leader returns for one "potato" at a time. "Potatos" must not move until runner takes his hand. Runner and "potato" must not unclasp hands until they have crossed the finish line. As "potatoes" are collected, they kneel in a circle. When the last "potato" has crossed the finish line, all must join hands to represent a basket with the leader standing in the center. Th first team to complete formation wins the race.

HUSTLE BUSTLE RELAY

Grades: 3-8.

Equipment: Beanbag, or paper baton, for each team.

Formation: Children are divided into two teams. Members of one team stand in the aisle next to the window. The other team members stand in an aisle next to the far wall. Captains stand at the rear of the room near the end of their teams. Each has a beanbag. One aisle or two aisles in the center of the room is selected as the trailway for the runners.

Rules of the Game: On a signal each captain runs up the trailway to the front of the room, and to the head of his own line where he stops and passes the beanbag to the first man of his file. The beanbag is passed down the line of players and the last man runs. Continue until the team is in its original position. The first team to finish is the winner.

KANGAROO RELAY

Grades: 3-8.

Equipment: Basketball for older groups; 8 inch ball for younger.

Formation: Any number, divided into equal teams.

Rules of the Game: Players squat and hold the ball between their knees. Without touching the ball with their hands, they hop to the turning line and back again. The team that finishes first is the winner.

MEET AT THE SWITCH

Grades: 3-6.

Equipment: Two erasers, or two beanbags.

Formation: Sides even—teacher, or leader, stands in front of room with an eraser, or beanbag, in each hand.

Rules of the Game: When the leader says "go", one child from each side runs and grabs one eraser, or beanbag, and puts it on his head. The two children run around the room and back to the teacher placing the beanbags in her hand. The child that gets back without putting his hand on the eraser, or beanbag, or dropping it wins one point for his team. This continues until each child has run. Team with the most points is the winner.

NAME RELAY

Grades: 3-8.

Equipment: Chalk and blackboard.

Formation: Teams are divided evenly. The first player in each team holds a piece of chalk.

Rules of the Game: At a given signal, the chalk is passed overhead down the row. When the last player receives the chalk, he runs to the front blackboard where he writes his first name. The other players move back one place. As soon as the writer finishes he sits in the front seat and passes the chalk back down the row again. This is continued until all the players of one team finishes first as the winner.

OBJECT CHASE

Grades: 4-8.

Equipment: Three beanbags, wooden blocks, paper batons, or other objects.

Formation: The objects are placed in a row three feet apart at the front of the room. The players are divided into four equal teams and lined up behind a starting line.

Rules of the Game: At a signal, the first player in each line runs forward and each tries to obtain an object. One point is given each team whose player obtains an object. The objects are replaced and the next players do the same. Continue until all have played. The team or teams which secured an object most times are the winners.

OBJECT PASSING RELAY

Grades: 3-8.

Equipment: Beanbag for each team.

Formation: Players of each team stand side by side in line formation, not more than eight players to a team. Each captain has a beanbag.

Rules of the Game: At a signal each beanbag is passed along the line as rapidly as possible to the foot of the line. The bag may be passed in different ways—such as using the right hand, the left hand, both hands, or by having it touched to the floor by each player before being sent on. The team wins whose captain first receives the returned beanbag.

OVER AND UNDER

Grades: 5-8.

Equipment: Ball, beanbag, or any object which may be passed from one person to another.

Formation: Groups of six or more in line formation.

Rules of the Game: At a signal the leader passes the ball, or object, over his head to the person behind him. That person passes the ball between his legs, and so on to the last person, who runs to the head of the line and starts the ball again. This continues until the captain returns to the head of the line. The team finishing first wins.

OVERHEAD PASSING RELAY

Grades: 3-8.

Equipment: Ball, or beanbag, for each team.

Formation: Teams standing in aisles. Players are far enough apart so that each can touch the one in front of him.

Rules of the Game: At a signal the ball is passed over the head

to the rear of the line. When the last player gets it, he calls "About Face", whereupon the players turn around and the ball is passed back. This may be varied by passing the ball over the head of one and between the legs of the next and so on.

OVERHEAD RELAY

Grades: 3-8.

Equipment: Beanbag or paper baton.

Formation: Even number in row.

Rules of the Game: At a signal first child passes the object in *both hands overhead.* Each child must touch object with both hands as he passes it overhead. When last child receives object, he stands to the right of his desk, runs and tags the front of room. When he is out of the aisle, players move back one seat. Repeat until all are in original seats. The team that finishes first wins.

PASS AND SQUAT

Grades: 4-8.

Equipment: Ball, or beanbag.

Formation: Equal teams.

Rules of the Game: Teams line up with a captain about ten feet in front of the others. He tosses the ball or bag to the first in line, who passes it back and immediately squats. If any player misses, he must recover the ball, return to his place, and pass it back before squatting. Any manner of throw may be used. The team with all squatting first wins.

PASS THE BUCK RELAY

Grades: 3-8.

Equipment: None.

Formation: Divide the class into an equal number of teams and place them in alternate aisles. Have the players place their right hands behind their backs with the palms up.

Rules of the Game: At a signal the rear man slaps the hand of the player in front who quickly slaps the hand of the player in front of him, and so the "Buck" is passed to the front player. When the hand of the player at the front of the line is slapped, he runs to a designated turning line, returns to the rear of his team by going down the vacant aisle to the right of his team, slaps the hand of the rear player and takes his place at the rear

of the line. This continues until the original leading man is back at the head of the line. Each time the front player runs to the turning line the remaining players on his team should move up one place so as to provide space for the runner at the end of the line.

RESCUE RELAY

Grades: 4-8.

Equipment: None.

Formation: Any number, divided into relay teams.

Rules of the Game: A leader stands facing the others who have lined up 30-40 feet from him. At a given signal, the leader of each team runs to the first player of his group, grasps him by the wrist, and runs with him back to the leader's line. The player rescued runs back to the group, takes the second player by the wrist and runs with him back to the leader's line. The game continues until all have been rescued and the team that rescues all players first wins.

SHOE BOX RELAY

Grades: 3-8.

Equipment: Several small cardboard boxes.

Formation: Any number, divided into equal teams.

Rules of the Game: Players place their feet in two boxes and advance by sliding them along in a walking motion. Only two boxes are allowed per team so that each contestant must change when he returns to the starting line. The team that finishes first is the winner.

TARGET THROW

Grades: 3-8.

Equipment: Beanbag.

Formation: On the blackboard draw two or more sets of concentric circles which form the targets; the outer circle should be about three feet in diameter, the inner about nine inches. One player at a time takes his place on a line drawn about twelve feet from each target.

Rules of the Game: Each player throws the beanbag and tries to hit the bull's eye (the inner circle). If he succeeds, he scores 5 points for his team. The second circle scores 3, and the outer 1. The scores are added for each team and the one with the highest score is the winner.

STUNTS

(For All Grades)

BACK TO BACK PUSH

Two contestants stand back to back with elbows locked. Establish a line ten feet in front of each contestant. At a signal each contestant, by pushing backward, attempts to push the other over the opponent's base line. The contestants are not allowed to lift and carry their opponents; only pushing is permitted. Either contestant pushed over his own base line loses the bout. Variations may be secured by varying distances of base line, by making 3, 5, or 7 bouts a match; by changing opponents; by using a circular area out of which the opponent is to be pushed, or by freeing the arms for any grasp.

BACK TO BACK PUSH (Sitting)

Two students sit back to back, legs straight out in front of the arms folded across chest. At the signal "Go" each attempts to shove his opponent across a designated line by pushing on the floor with his hands and feet. Both must keep pushing. No dodging to the side is permitted. Participants should not push with their heads.

BACK TO BACK TUG

Two contestants stand back to back with elbows locked. Establish a line ten feet in front of each contestant. At a signal each contestant attempts to drag the opponent over his base line. Lifting and carrying the opponent is permitted. The contestants must maintain their original positions with arms linked. Either contestant put across his opponent's base line loses. Variation may be secured by varying the distance of the base line, by making 3, 5, or 7 bouts a match, by changing opponents, or by freeing the arms for any grasp.

CHICKEN WALK

Stand with feet together. Squat low, spreading knees apart. Place arms around thighs and lower leg, clasping hands tightly below knees. Walk on balls of feet while in the squat position.

CHINESE GET UP

Partners stand back to back with elbows locked. Both move feet forward, bend knees and sink to the sitting position. Rise to stand by pushing with feet and straightening legs. Arms remain locked during entire stunt. Repeat three or four times.

CHINESE TUG

Opponents face each other in the middle of a ten-foot lane and grasp each other around the waist. On a signal each attempts to pull his opponent across his goal line without either contestant falling to the floor.

COFFEE GRINDER

Place one hand on the floor and the other upright or on hip. With legs kept as straight as possible, walk around and around, using the hand on the floor as a pivot.

CROSS TUG OF WAR

Two strong ropes are crossed at right angles and tied in the middle so that four teams of five to twenty students can form a team on the four ends. The first man on each team is five feet from a circle. The intersection of the ropes is placed directly over the center of the circle. On a signal each team attempts to pull the first man of the team directly opposite from them into the circle. Another method of winning is for any team to pull the intersection of the ropes out of the circle. If one team loses, the directly opposing team may drop out with the latter, being matched later with the winner of the other two teams. Losers may also be matched. Ropes may be in the hands of participants or may be picked up on the starting signal.

DOUBLE HEEL CLICK

Stand with feet apart. Jump upward and click heels together twice, and land with feet apart.

DRAKE FIGHT

Contestants stand four feet apart leaning forward. Then each catches his own ankles with both hands. Each attempts to make the other lose his balance by butting, shouldering, side-stepping, or making opponent release his hands.

FROG DANCE

Sit on heel of left foot with right leg extended sideward with knee straight and toes pointed. With a bounce reverse the position so as to sit on the right heel and extend the left leg sideward. Repeat several times rhythmically.

HAND WRESTLE

Contestants toe opposite sides of the same line. On a signal they shake hands and each tries to pull opponent over the line. The player who first pulls opponent off balance is the winner.

HUMAN CHAIN TUG OF WAR

Two columns face each other with contestants standing close together, arms placed about the waists of ones in front (grasping left wrist with right hand is the strongest grip). The two groups pull in opposite directions. Leading contestants may grasp each others wrist or hold to an iron rod. The team breaking first or having one or more individuals pulled over the line separating the two teams is the loser.

INDIAN GET UP

Sit on the floor, fold arm and hold out shoulder high. Cross the feet and rise to an upright without losing balance or unfolding arms.

JUMP THE STICK

Hold the stick in front of the body in the fingers of both hands with the hands shoulder width apart. At first have the pupils to try stepping over the stick without letting go of it or touching it with the feet. Emphasize stepping with the knees brought close to the chest, and swinging stick well under the feet. As they progress in skill let them try jumping over the stick. Try this both forward and backward.

KNEE DIP
(opposite hand)

Stand on the right foot, lift the left foot up in back and grasp the ankle with the right hand. Bend the right knee until the left knee touches the floor. Then rise to a stand again without losing balance. Repeat on the other foot.

KNEE DIP
(same hand)

Same as above but grasp the left ankle with the left hand instead of the right.

MEASURING WORM

The child places hands on floor with legs extended to the rear, feet together. Keep arms straight, hold hands stationary and knees straight. Bring feet, by little steps, up as close as possible to hands. Hold feet stationary and move hands forward in little steps until the original position is reached. Progress forward by repeating the action.

MULE KICK

From a stand, leap onto the hands and swing the legs upward into the air to a momentary hand stand. Snap down to the feet by sharply flexing the hips and pushing vigorously with the arms.

ONE-MAN PULL OVER LINE

Two contestants face each other at a distance of three feet. Establish a line ten feet in back of each contestant. The opponents grasp each other's wrists. At a signal each contestant attempts to pull his opponent across his own base line. The one pulled across his opponent's base line loses. The contestants must not grasp each other except by the hands and wrists. In case the hands become separated they should be rejoined as in the beginning at the point of separation. Variation may be secured by varying the distance to the base line, by making 3, 5, or 7 bouts a match, or by changing opponents.

ONE-MAN PUSH OVER LINE

Two contestants face each other at a distance of three feet. Establish a line ten feet in back of each contestant. Each contestant places his hands on the shoulders of his opponent. At a signal each contestant attempts to push his opponent back across his opponent's base line. Only straight pushing is permitted. The one pushed across his own base line loses the bout. Variation may be secured by varying the distance to the base line; by making 3, 5, or 7 bouts a match; by changing opponents; by grasping one or both hands, or by hopping.

SEAT PUSH (Standing)

Opponents stand back to back with buttocks in contact and upper trunks inclined forward and hands on knees. On a signal each, by pushing backward and using his hands on his knees for balance and additional power, attempts to push his opponent over the base line or out of a circle. All contestants should be requested not to "give way" intentionally because of the danger of the opponent falling.

SINGLE SQUAT

Stand on one foot with other leg extended forward. Bend the supporting leg and assume a full squat position with the extended leg held parallel to the floor. Return to the starting position. Neither the extended foot nor the hands may touch the floor during the stunt. The balance must be maintained after returning to a stand.

THREAD THE NEEDLE

Clasp hands in front, step through this loop first with one foot then the other. Hold hands in back and reverse action.

TOP

Start from a stand. Jump into the air, make a full revolution (whole turn) and land with feet in line and facing in the original direction. Repeat several times in either direction. Balance must be maintained.

TURK STAND

Start from a straight stand, folded arms across the chest. Cross feet, bend knees, and sit down on the floor. Return to a stand. The arms remain folded across the chest during the entire stunt. No leaping upward is permitted.

WHEELBARROW
(done in pairs)

One man assumes a front support position and his partner gets behind, grasping his ankles, and lifts his legs off the floor. The first man then moves forward by walking on his hands and the second man follows supporting his partner's legs. The "wheelbarrow" should keep his back and legs straight.